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Nuts
Nov. 9-21, 1942
Reserve

Victory food special

U.S. Department of Agriculture
Agricultural Marketing Administration

Commodity · · · · · DOMESTIC TREE NUTS
Marketing area · · · NATIONAL
Time · · · · · · · NOVEMBER 9 through NOVEMBER 21

FOR USE AFTER NOVEMBER 4, 1942 WASHINGTON, D. C.

English walnuts, pecans, almonds, filberts, and other domestic-grown tree nuts will be featured as a Victory Food Special during the period November 9 through November 21, to focus consumer attention on their food value and use in wartime meal planning.

With total supplies of domestic tree nuts at a near record level this season, consumers are urged to make full use of this concentrated food in their meals. Retailers and other merchants cooperating with the Agricultural Marketing Administration will list domestic tree nuts as a Victory Food Special in advertising and display material highlighting their value as a food.

This season's total supply of the four principal kinds of domestic tree nuts is estimated at the equivalent of at least 300,000.000 pounds of unshelled nuts. This near-peak figure compares with an average of approximately 270,000,000 pounds in the last 5 years. Half of this year's supply consists of English walnuts. Pecans rank next in importance with a crop slightly under average. The supply of almonds, however, is more than three times that of a year ago and considerably above average. Production of filberts is a little under that of a year ago, but nearly double that of recent years. The fact that United States exports of walnuts and other nuts have been practically halted by the war means that now a far greater volume than normally has to be absorbed in home markets.

According to the Bureau of Home Economics, tree nuts are a very concentrated food and are better used as an integral part of the menu rather than as a supplement to an already adequate meal. They contain both proteins and fats as well as being good sources of certain essential minerals and vitamins.

Nuts are a popular food for the festive occasions in American tradition like Thanksgiving dinners and Christmas holidays, when the nut bowl adds to the atmosphere of warmth and hospitality in every home. Yet history tells us they were also a cherished food in ancient times. The Old Testament speaks in a single phrase of "spices and myrrh, nuts and almonds", the Greeks called the walnut the "Royal nut, while the Romans knew it as "Jupiter's acorn", and world-tourist Marco Polo brought back from his travels fabulous tales of the spices, fruits, and nuts of the Orient.

It is interesting to note which popular varieties of nuts are native American and which have emigrated from abroad. English walnuts, so-called because early colonists imported them from England, are Persian in origin. At one time, however, they were shipped from Italy, France, Rumania, and Manchuria--almost every part of the globe

EVERY HOMEMAKER now has the job of seeing to it that the most effective use is made of the Nation's total wartime food supply. Food is a weapon and our farmers are producing more than ever before. But farmers cannot produce in exact amounts — nor are all foods suitable for war purposes. Thus, from time to time, some foods are more abundant than others. Those foods in most abundant supply are designated by the Agricultural Marketing Administration as VICTORY FOOD SPECIALS. Merchants are cooperating with the AMA by featuring Victory Food Specials When the homemaker buys Victory Food Specials, she spreads her buying power in a way that serves the Nation and her family. And this conserves other food and prevents possible waste, thus assuring full use of all that is produced. Yes, every homemaker is a sergeant in the all-important food management army.

except England and Persia! Walnuts grown on our own West Coast now make up the bulk of our commercial nut crop.

Also of old-world origin is the almond, a second cousin to the peach. It's a native of the sunny Mediterranean Basin, but with the exception of a few rare Spanish varieties, the finest almonds today come from California.

Other nuts originating from overseas are chestnuts and filberts from Spain and Italy. Native chestnuts of the type used in roast turkey dressing were once plentiful, but because in recent years the trees have been killed by blight, there are few chestnuts on the market. On the other hand the filbert--big brother to the American hazelnut but plump, sweet, and good for eating--is grown successfully in Oregon and Washington.

Native American is the pecan, only rival of the English walnut on a commercial scale. A member of the hardy hickory family, it grows throughout the Cotton Belt. More than half of the crop is still produced from wild or seedling trees that grow in the lowlands along the rivers of Texas and other Southern States. Selection and cultivation of pecans are said to have begun in Louisiana in 1846 with the grafting work of a Negro slave named Antoine. Rugged black walnuts, butternuts, hickory nuts, beechnuts, hazelnuts, and the small pinenuts or Indian nuts are also native to American soil.

Almost all nuts rate high in food value because of their high fat and protein content, and are sometimes used to space out eggs, and dairy products, and meat. But wait a minute before you make high-wide-and-handsome substitutions. The fat content in most nuts ranges between one-half and two-thirds so in general, you had better count on them as a supplementary source of proteins and a primary source of fats.

Nuts are rich in phosphorus, and the unblanched kernels of walnuts, almonds, hazelnuts, and pecans are good sources of iron. As for vitamins, most nuts furnish the "appetite vitamins" of the B group that make for all-round better health and vitality.

Because nuts are a concentrated food, try using them often as an integral part of the meal while they're a Victory Food Special. It may become a habit that you will want to continue all through the winter. You can use chopped nuts in salads, as stuffings and flavor accents in meat and vegetable dishes, in loaves for main courses, and to dress up and give body to simple desserts. Speaking of desserts, don't forget pecan pie, using more corn syrup than sugar as sweetening. And for something you'll enjoy nibbling, try almonds and other nuts salted or roasted.

Here is a good main dish for one of these days when meat is scarce--a pecan and rice loaf. Your ingredients are 2 cups of chopped pecans mixed with 2 cups of cooked rice, 1 cup of dry bread crumbs, 1 cup of milk, 1 beaten egg, 3 tablespoons of flour, 2 tablespoons butter, and chopped peppers, celery, salt and pepper for seasoning. Mix them well into a loaf, pack tightly in a well-greased pan lined with paper, and bake in a moderately hot oven (375-400 degrees F.) for 1 hour. The loaf is better than ever when served with a brown sauce seasoned with chopped parsley.

Chopped nuts added to your favorite recipes for breads, muffins, and cakes will vary them and enhance their nutritive value. You needn't change the recipes at all, except that in the case of breads and cakes it's better to add a bit more liquid, for nuts have a tendency to draw it out. And also use chopped nuts with cheese and other foods for sandwich fillings.

If you've never baked orange nut-bread, try this recipe sometime soon. Sift together 2½ cups of flour, 1 cup of English walnuts, 1 tablespoon baking powder, and 1¼ teaspoons salt. Add 1 cup milk, 2 beaten eggs, and stir until just moistened. Now stir in ½ cup of orange marmalade--or shredded orange rind cooked in syrup if you prefer--and 2 tablespoons of butter, and pour the mixture into a well-greased bread pan. Bake in a moderate oven (350 degrees F.) for about 1 hour, or until it turns a golden brown.

In using nut recipes, you may like a quick formula to tell how many unshelled nuts to allow per cup of nut meats. A pound of filberts, pecans, almonds, or English walnuts will shell out to about one cup of meats. It will take two pounds of black walnuts to do this. We won't try to solve the old riddle of whether or not its cheaper to buy nuts in the shell or out, but leave the question for you to decide to your own convenience.

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